



1175 Municipal Way
Grapevine, TX 76051
817.410.3465

THE GRAPE AFFAIR

October 2015

For the Active Adult 55 and Better

Welcome to the Active Adult 55 and Better at The REC

The fall season is just around the corner ready to greet us with cooler temperatures and the soothing colors associated with autumn. It can also remind us that it's always important to think about "fall" prevention which you can do by enrolling in *A Matter of Balance*, a class designed to help adults reduce their fear of falling through education and awareness. The REC Active Adult programs are committed to Health and Wellness and offer a variety of educational, physical and social activities designed for the Active Adult 55 and Better. If you have any questions about the classes and field trips we offer, please feel free to stop by or call the Active Adult front desk.

One of our popular memberships, the Senior Pass, allows you to use The REC walking track, fitness room and pool area not occupied with classes from 8-11 am Monday through Friday. You will also be able to participate in the Active Adult programming from 8 am to 4 pm Monday through Friday. Because of the demand, we remind everyone to sign up on the 15th of each month for the next month's classes. Priority in all classes and programs is given to Grapevine residents.

Don't miss out on all the fun and chances to learn, create, play and grow. We are excited about what's in store for October and look forward to sharing those opportunities with you, so come be a part of The REC!

Highlights for October

- 1, 8, 15 State Fair Trips
- 2 Empowering Seniors Expo
- 6 Sr Citizens Advisory Board
- 7 Matter of Balance begins
- 13 FOPS Trip
- 16 Mid-Cities Greek Festival
- 20 Educate DFW
- 22 Ping Pong Tournament
- 26 Young@Heart Gardeners

Looking Ahead to November

- 13 Imani Children's Choir
- 23 Young@Heart Gardeners

Young@Heart Gardeners

Seed tapes are a great way to store leftover seeds and seeds that you collect from your garden in the fall. They are easy to make, and all you need are supplies that you have in your home. Make some seed tapes for yourself and to share with your friends on Monday, October 26 at 10 am at the Bessie Mitchell House. Register online or at the Active Adult desk with your \$5 payment.

Empowering Seniors Expo

Save the date - October 3 - for the 7th Annual Empowering Seniors Health & Lifestyle EXPO for Caregivers, Boomers and Seniors. This free event includes food, professional health screenings from area hospitals, informational workshops, over 140 local businesses, agencies and non-profit organizations, "Ask the Doctors" panel, and bingo! Meet Dallas Cowboys Legend, Super Bowl MVP and Pro Football Hall of Famer Randy White! Bus leaves at 9:30 am and returns by 2 pm. Sign up at the Active Adult desk. You may also drive yourself to First Euless Campus West at 205 N. Industrial Blvd. in Bedford; call 817.581.3600 to register if you are not going with the group on the bus. For more information visit www.EmpoweringSeniors.com.

Mid-Cities Greek Festival

We have been invited to attend the 24th Annual Mid-Cities Greek Foodfest at St. John the Baptist Greek Orthodox Church on Friday, October 16. Check at the Active Adult desk to see their flyer and menu. The bus leaves at 10:45 am and returns by 1:30 pm. Sign up today; seating is limited.

Fraternal Order of Plaid Shirts

The men will be touring the Northeast Tarrant County Courthouse on Tuesday, October 13. During the outing, several services of the courthouse will be presented and explained. A historical display of Northeast Tarrant County is available to view during our visit. Afterwards, we will lunch at Bacon's just down the road. Bus leaves at 9:45 am and returns by 2 pm. The tour is free; lunch is on your own. Sign up at the Active Adult desk.

Ping Pong Tournament

Do you have reflexes like a cat? Eyes like a hawk? Come show off your skills at our first annual Active Adults 55+ ping pong tournament on October 22 from 9:30 am - 11:30 am, with the championship round finishing up between 1-2 pm. The tournament will be double elimination and entries are limited. Please register at the Active Adult front desk. Not played in a while? You can come shake off the dust and start practicing right away on the ping pong tables available in The REC game room. If you would like some assistance on technique or rules of play, Carlos is ready to help Mondays from 12:30-2 pm and Thursdays from 9:30-11:30 am. We are excited to see how many ping pong experts we have and who will be declared champion of our first ever REC Active Adults Ping Pong Invitational!

A Matter of Balance

A Matter of Balance is an award winning program designed to help adults 60+ years of age reduce their fear of falling through group discussion, problem-solving strategies and increasing the physical activity levels of those who have concerns about falls. Janie will be conducting these classes October 7-30 on Wednesdays and Fridays, 9:30-11:30 am. Enrollment is limited to develop a comfortable sharing environment among the participants. Call Janie for more information and to enroll.

October 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>Please remember, you must pay for all trips at the time of reservation. No spots will be held without payment.</p> <p>SCS Lunches served each Monday-Friday at 12 Noon Reservations necessary</p>	<p>Blood Pressure Checks courtesy of Kindred at Grapevine</p> <p>Birthday Cake donated by Woodridge Health & Rehabilitation</p>	<p>The REC Senior Pass offers you access to the Indoor Track, Fitness Room and Pool areas not scheduled with classes between 8am and 11am Monday - Friday!</p>	
4	5 8:00 Water Aerobics 9:30 Music Jam 9:45 Bank & Post Office 11:00 55 Fit 1:00 Strength Training 1:00 Mah Jongg	6 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 10:45 Sizzling Seniors 12:30 Art with Hanz 1:00 Bingo 3:30 Senior Citizens Advisory Board	7 8:00 Water Aerobics 9:30 <i>Matter of Balance</i> 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:00 Interior Design 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzling Seniors 12:45 Grocery Shopping 1:00 Strength Training 1:30 Hand & Foot
11	12 8:00 Water Aerobics 9:30 Music Jam 11:00 55 Fit 1:00 Strength Training 1:00 Mah Jongg	13 8:00 Water Aerobics 9:00 Blood Pressure Check 9:45 Chair Exercise 9:45 FOPS Trip * 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 10:45 Sizzling Seniors 12:30 Art with Hanz 1:00 Bingo	14 8:00 Water Aerobics 9:30 <i>Matter of Balance</i> 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:00 Interior Design 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzling Seniors 12:45 Grocery Shopping 1:00 Strength Training 1:30 Hand & Foot
18	19 8:00 Water Aerobics 9:30 Music Jam 11:00 55 Fit 1:00 Strength Training 1:00 Mah Jongg	20 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 10:45 Sizzling Seniors 11:00 Financial Pitfalls * 12:30 Art with Hanz 1:00 Bingo	21 8:00 Water Aerobics 9:30 <i>Matter of Balance</i> 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:00 Interior Design 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzling Seniors 12:45 Grocery Shopping 1:00 Strength Training 1:30 Hand & Foot
25	26 8:00 Water Aerobics 9:30 Music Jam 10:00 Young@Heart Gardeners * 11:00 55 Fit 1:00 Strength Training 1:00 Mah Jongg	27 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 10:45 Sizzling Seniors 12:30 Art with Hanz 1:00 Bingo	28 8:00 Water Aerobics 9:30 <i>Matter of Balance</i> 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:00 Interior Design 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzling Seniors 12:45 Grocery Shopping 1:00 Strength Training 1:30 Hand & Foot

October 2015

THURSDAY	FRIDAY	SATURDAY	NOTES
1 8:00 Water Aerobics 9:30 State Fair Trip 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Making 10:00 Chorus 10:30 Cycling with Megan 10:45 Sizzling Seniors 1:00 Yoga Lite	2 9:30 Empowering Seniors * 9:30 Matter of Balance 9:45 Chair Exercise 10:00 Ceramics 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzling Seniors 1:00 Card Making 1:00 Basic Line Dancing	3	* 7th Annual Empowering Seniors Expo 9:30 am - 2 pm
8 8:00 Water Aerobics 9:30 State Fair Trip 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Making 10:00 Chorus 10:30 Cycling with Megan 10:45 Sizzling Seniors 1:00 Yoga Lite	9 9:30 Matter of Balance 9:45 Chair Exercise 10:00 Ceramics 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzling Seniors 1:00 Card Making 1:00 Basic Line Dancing	10	
15 8:00 Water Aerobics 9:30 State Fair Trip 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Making 10:00 Chorus 10:30 Cycling with Megan 10:45 Sizzling Seniors 1:00 Yoga Lite	16 9:30 Matter of Balance 9:45 Chair Exercise 10:00 Ceramics 10:30 Beginner Tai Chi 10:45 Mid-Cities Greek Festival ** 11:00 55 Fit 12:00 Sizzling Seniors 1:00 Card Making 1:00 Basic Line Dancing	17	* Fraternal Order of Plaid Shirts Trip Northeast Tarrant County Courthouse Lunch at Bacon's ** Mid-Cities Greek Festival 10:45 am - 1:30 pm
22 8:00 Water Aerobics 9:30 Ping Pong Tourney ** 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Making 10:00 Chorus 10:30 Cycling with Megan 10:45 Sizzling Seniors 1:00 Yoga Lite	23 9:30 Matter of Balance 9:45 Chair Exercise 10:00 Ceramics 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzling Seniors 1:00 Card Making 1:00 Basic Line Dancing	24	* Financial Pitfalls "What You Need to Know" Educate DFW ** Ping Pong Tournament 9:30 am - 11:30 am Championship Rounds 1:00 - 2:00 pm
29 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Making 10:00 Chorus 10:30 Cycling with Megan 10:45 Sizzling Seniors 1:00 Yoga Lite	30 9:30 Matter of Balance 9:45 Chair Exercise 10:00 Ceramics 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzling Seniors 1:00 Card Making 1:00 No Basic Line Dancing	31	* Young@Heart Gardeners Seed Tapes Cost: \$5



THE GRAPE AFFAIR

1175 Municipal Way
Grapevine, TX 76051

PRESORTED
STANDARD
U.S. POSTAGE
PAID
GRAPEVINE, TX
PERMIT NO. 140

f facebook.com/GrapevinePandR • www.TheREC.com

HELPFUL PHONE NUMBERS:

2-1-1

First Call for Help, United Way
Information and Referral Line

817.336.8714

Northeast Transportation
Service (NETS)

817.410.3465

Grapevine SeniorMovers

State Fair of Texas

"Passport to Texas" is this year's theme as The State Fair of Texas celebrates all things Texan by promoting agriculture, education and community involvement in a family-friendly environment. Join us on one of our 3 Thursday trips: October 1, 8 and 15. Free entry to seniors 60 years+ is offered on Thursdays. Participating food vendors are offering signature menu items at a reduced price ranging from mini versions to regular-size items on Thrifty Thursdays. A current list of participants is available at bigtex.com/thriftythursdays. Due to the popularity of these trips, priority is given to Grapevine residents. A charge of \$3 per person may be made when you sign up. The bus leaves at 9:30 am and returns by 4 pm.

Irish Splendor - March 10-17, 2016

Reservations are in place, but if you missed the September 4 deadline, you may contact Eileen to see if there is still space available. This memorable Collette Vacations trip begins with an overnight flight to the Emerald Isle. Two days are spent in Dublin before continuing on to Killarney with stops along the way in the town of Cashel, at the historic Blarney Castle and at the famous Blarney Woollen Mills, the world's largest Irish gift store. Travel along Ireland's most majestic coastal route, the stunning Dingle Peninsula. You will overnight in Dromoland Castle, regarded as one of Ireland's finest hotels and enjoy a formal dinner there. Another highlight is Dew Heritage Centre to learn how Irish whiskey is made. Brochures are available at The REC.

Financial Pitfalls

What you don't know about money can really cost you! Your financial situation is a combination of every financial decision you've made up until now. If you're like most, you've had very little or no training, so you're just learning as you go. This means while many of your choices may be born of good intentions, they fall flat as a result of poor planning or lack of knowledge. Unfortunately, for most, this creates a less than optimal retirement experience. However, identifying your mistakes – and precisely where you went wrong – can change your whole financial future. On Tuesday, October 20 at 11 am, come learn how to avoid some of the most common mistakes and set yourself on the most prosperous path possible. This program is sponsored by Educate DFW.

SilverSneakers® Fitness Program

If you are 65 years of age or older and a part of a Medicare health plan, you may be eligible for a SilverSneakers® membership at The REC! You can find out more about the program at Siversneakers.com along with a list of participating insurance providers. The new membership is available at no additional cost to you and grants access to The REC during normal operating hours. Give the Active Adult desk a call or come by for a visit and we can provide more information and assist in confirming your eligibility so you can take full advantage of your new membership privileges!

Healthways
SilverSneakers®
Fitness Program